

# Long-term effects of Mandibular Midline Distraction and Surgically Assisted Rapid Maxillary Expansion

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- Mandibular Midline Distraction and Surgically Assisted Rapid Maxillary Expansion are reliable and stable techniques to widen the mandible and maxilla (this thesis)
- The biomechanically superior bone-borne distractor is not necessarily a more patient friendly device in Mandibular Midline Distraction (this thesis)
- Mandibular Midline Distraction is a safe procedure, however complications can occur (this thesis)
- Although Mandibular Midline Distraction and Surgically Assisted Rapid Maxillary Expansion are well tolerated, careful patient selection and proper information are essential to satisfy the patient (this thesis)
- From a 'primum non nocere' point of view Mandibular midline distraction should be considered when treating the narrow mandible" (this thesis)
- Time is most important for those who lack time (common saying)
- Attitude is a little thing that makes a big difference (Winston Churchill)
- Science may be described as the art of systematic over-simplification (Karl Popper)
- It does not matter how slow you go as long as you do not stop (Confucius)
- The perception of someone's health is very personal
- Your mind is like this water, my friend. When it is agitated, it becomes difficult to see. But if you allow it to settle, the answer becomes clear. (Master Oogway, Kung Fu Panda).